

The Canadian Nurse

A MONTHLY JOURNAL FOR THE NURSING PROFESSION IN CANADA

VOL. IV.

TORONTO, DECEMBER, 1908.

No. 12.

THE CONGRESS ON TUBERCULOSIS IN WASHINGTON.

The Sixth International Congress on Tuberculosis, held in Washington from September 21st to October 1st, was a never-to-be-forgotten event to those who attended. Outside the doings of the Congress itself, the delightful weather, the beautiful city in its dress of early autumn, and the boundless hospitality of its people, would have made the trip all that could be desired, but with the Congress it left a sense of pleasure and inspiration almost inexpressible.

A visitor from Toronto who travelled by the Lehigh Valley route journeyed over one of the most beautiful scenic roads in the world. The smoke which lay heavily over this continent last September obscured the view to a certain extent, but even then it was wonderful, and still more wonderful when our train climbed onward and upward till we reached a height where we saw the first blue sky in weeks, and underneath a dream city showing faintly through the haze.

After a long, but altogether delightful, day's journey, the traveller was landed at what appeared to her somewhat bewildered and sleepy senses to be the Capitol, or, if not that, the White House, so magnificent in its snowy proportions is the Union Station, the finest station in the world they say. And there Washington's never-failing hospitality began, for a deputation of its citizens took charge of the stranger in the kindest manner, and so completely that the most timid and untravelled and ignorant found no difficulty in securing proper hotel accommodation. The arrangement for the reception and disposal of the visitors were perfect, and no praise can be too high nor gratitude too great for those responsible for them.

The Congress and the exhibition in connection were held in the new National Museum, at the foot of 10th Street, an immense building, not quite finished, so all the better adapted for the purpose. Wooden partitions had been erected, dividing off the various exhibits and the different sections; then there was a large assembly hall, a stereopticon room, registration and administration quarters, a ladies' committee room, and many other departments.

The nurses' meeting was held in Section V., the section devoted

to the discussion of the hygienic, social, industrial and economic aspects of tuberculosis. Perhaps no other session had as enthusiastic an attendance; certainly none could have had one more so. With remarkable unanimity the audience began to gather about half-past eight, though nine-thirty was the hour set for the reading of the first paper. Miss Lilian Wald, head worker in the Henry Street Settlement, New York, presided, assisted by Miss Dock, and it is a matter of doubt whether any meeting of the Congress was in better hands. The different papers read during the session were grouped under the following heads:

1. The Work of Nurses in Public Departments.
2. Special Lines of Work for Tuberculosis Nurses.
3. The Training of Nurses for Tuberculosis.
4. Social Questions in Tuberculosis Nursing.

Without exception, the papers were extremely interesting and very well written, and they were listened to with closest attention.

Mrs. Von Wagner, whom the majority of our Toronto nurses know, was, as usual, more than well worth listening to in a paper on "Inspection Under Health Boards and Tuberculosis"; then Miss E. T. Patterson, of the Vanderbilt Clinic, spoke on "Disinfection in Tenement Houses in New York City," and was followed by Miss Phelan, of Rochester, in a discussion on similar methods in that city. In her paper Miss Phelan deprecated entire dependence on gaseous disinfection, and expressed the hope that some time in the near future every Board of Health would have a corps of municipal scrubwomen, a remark most enthusiastically endorsed by the audience.

Among other papers read was one by Miss Bertha Stark on the "Anti-Tuberculosis Work in Pittsburg Schools," one by Miss Harriet Fulmer on "The Care of the Advanced Consumptive," and another by Miss Jacques, of Philadelphia, on "Home Occupations and Dangers." These and many other papers equally interesting followed each other in quick succession, and were succeeded by a most animated discussion, in which medical men, nurses and laywomen joined eagerly.

Perhaps no paper read during the session caused more discussion than the one read by Miss Lent, Head Nurse, Visiting Nurse Association, Baltimore, on "The True Function of the Tuberculosis Nurse." She and Miss Ellen N. LaMotte, in a paper on "The Unteachable Consumptive," read the day before, sounded what appeared to be, on a superficial hearing, the note of discouragement—told of so much work done and so little accomplished. But a thoughtful consideration of these two papers told a different story. In both papers the writers look matters squarely in the face; they entertain no self-complacent delusions concerning the results of their work, but, in the face of discouragement and defeat, they breathe the highest and noblest hopes for the future.

Mention only can be made of the numberless other papers read

in the different sections. The proceedings of the Congress will fill several large volumes, and will, no doubt, be the most important and comprehensive contribution to the literature on tuberculosis that has been published so far. Koch was heard, and so was Trudeau, and Calmette and Von Pirquet, of conjunctival and cutaneous tuberculin reaction fame, read papers, in French and German respectively. There was such a surfeit of good things that it was impossible to hear everything that one wanted to hear.

As for the exhibition itself, it was absorbingly interesting. Photographs there were by the thousand—photographs of different sanatoria and dispensaries, many rather dreadful ones showing filthy dwellings and bedrooms, some of these with companion pictures showing the improvement after the visits of the nurse or inspector. Massachusetts contributed a very complete set of photographs, showing avoidable and unavoidable sanitary conditions associated with a few selected occupations, some of which are commonly regarded as being especially conducive to tuberculosis of the lungs. The New York State exhibit was admitted to be the largest and best, but from a nurse's standpoint the Maryland and the Pennsylvania showing could hardly have been surpassed, owing, to a great extent, to the fact that the exhibits of the Visiting Nurse Association of Baltimore was in charge of Miss Lent and Miss LaMotte, and that of Philadelphia in the hands of Miss Jacques and Miss Sutton. The enquiring nurse, anxious to learn, could not have had sweeter or kinder treatment at the hands of these four delightful women. The two exhibits, standing side by side as they did, formed an irresistible magnet to draw the nurses, and of those who came again and again none left without gaining fresh ideas, and, more than all, fresh enthusiasm and inspiration. The Playground Association of America was represented by three models, one of a municipal playground, one of a school playground, and one of a private yard playground, models not of any particular playgrounds now in operation, but showing equipment and arrangement which may be adapted to the average city, school or private yard playground. The International School Farm League of New York City was represented by a model of an actual garden, and was in charge of another very charming woman, Mrs. Henry Parsons, who was as eager to explain and enlarge upon the good points of her garden as we were to listen.

Of course, while by far the greater part of the material came from the United States, a great many other countries were represented. Germany and Great Britain made, perhaps, the best showing, but, for obvious reasons, none of the exhibits approached those of the United States for completeness and size. Canada's contribution was made up almost entirely by a large number of specimens from the Pathological Museum, McGill University.

Washington entertained its visitors royally during their stay. There was a reception at the White House and one at the Corcoran

Art Gallery, and for the nurses especially a reception at Garfield Hospital and a sail down the Potomac. The most delightful thing about these entertainments was that the shyest and most retiring stranger could attend them with the absolute assurance of perfect enjoyment, so wonderful was the spirit of good-fellowship that prevailed.

If the question were asked, What was the thing that impressed us most in the Congress? a great many would answer that the beautiful spirit that prevailed meant more to us than anything else. Ideas there were to be had in plenty, and the most exhaustive information on every branch of the subject, but what would they have been without the enthusiasm, the public-spiritedness, the unselfishness that everywhere was manifested.

To Canadians the interest shown by the laity of the United States in the campaign against tuberculosis was particularly noticeable. The church and the press appear to take a prominent part in the work, some churches in particular maintaining their own dispensaries. By the way, in this connection it would be only courteous to remark that the Church of the Ascension in Washington undertook the heavy task of providing luncheon and afternoon tea in the Museum for those of the visitors who desired it. To go once meant to form the habit of going all the time, not alone because of the excellence of the viands or the extremely low scale of prices, but particularly because of the charming welcome given by the people of the church, who acted as waitresses and helpers. Only those who saw the same workers there day after day could have any idea of the self-sacrifice it must have involved, but every day saw them kinder and more hospitable than ever.

Since our return from Washington, some of us, no doubt, have asked ourselves the question, What are the people of Canada doing to help in the crusade against tuberculosis? Look where you will, there appears to be much apathy and indifference. Some day, perhaps in six years, or nine years, or twelve years, Canada may have the honor of entertaining the International Congress on Tuberculosis on its own soil. In the meantime what can we do to make ourselves worthy of that honor? We have our own end to uphold in the struggle, let us now begin to make greater efforts to do it.

J. H. N.

SOME PROBLEMS OF THE TRAINING SCHOOL.*

It is not necessary, before an audience of hospital workers, to preface a discussion of the problems of the training school with an account of the general system under which such schools are administered. You are all presumably familiar with it; but, with the thought that there may possibly be those present who are not so informed, I will venture to speak briefly of the foundation on

* Read before the American Hospital Association.

which the training school rests and of the forces which control its activities.

Called into existence as a means of improving the care of the sick in hospitals, the first training schools, both in England and America, were established, not by the hospitals, but by groups of individuals outside of them, who provided funds for the maintenance of the schools, and entered into an agreement with the hospitals to give the pupils certain definite teaching, training and experience, in return for such services as they could render for the sick. Although entirely subordinate to the regulations of the hospital in all that concerned their work, the pupils were, nevertheless, under the direction of an independent body in matters connected with their teaching, training, conduct and discipline.

In the first school for nurses (established in 1860 by the Nightingale Fund at St. Thomas' Hospital, London) this body, called a committee, so interpreted its functions that it not only paid for the board of the pupils and for their uniforms, but paid also a part of the salary of the ward head nurse, as compensation for her services in teaching the probationers. The committee went further, and paid a medical instructor to give the pupils, "at the bedside," certain instruction "of a medical and surgical character."

It will thus be seen that the organization of these early nurses' schools was in some ways similar to that of the medical school, with this essential difference, however, that the medical student paid for his education and training, and the pupil nurse was paid to receive hers.

By just what process this Training School Committee was eliminated, and the school absorbed entirely into the hospital, it matters little to discuss here. In the improved condition of the hospital brought about by the school; in the efficiency of this method of caring for the sick, and its comparatively low cost; in the obvious advantage to the hospital in having entire control of the pupils, and the ease with which such control could be secured, we find a situation leading readily to the incorporation of the training school into the hospital, and the practically universal assumption, at a later date, that the sick in the hospital can only be properly nursed by means of a training school. The logical outcome of this belief is expressed to-day in the thousand or more training schools which are an integral part of the hospitals in this country, and governed by the same authority.

In capacity, character and purposes these hospitals vary widely. There are the large general hospitals, of from two or three hundred to one thousand beds, amply provided with opportunities and material, and furnishing a suitable field for the training of pupils. There are the medium-sized hospitals of from fifty to one hundred beds, offering less in the way of opportunity, but well able to cover a considerable portion of the required ground; and there is a very large group of those which are still smaller, ranging from twenty-

five to fifty beds, with diminishing powers and opportunities, so far as the training school is concerned; while beyond these lie the very small hospitals of five, six, eight and ten, up to sixteen beds, very greatly limited in ability, and offering, as a rule, a mere fraction of what is required as a field for the teaching and training of the nurse. Training schools are found in 53 hospitals of this description, while more than 500 of the entire 1,000 schools are in hospitals of 50 beds and under.

Of other types of hospitals, such as special, for diseases of women or children or for nervous disorders, and more recently of hospitals or sanatoria for tuberculosis, the training school for nurses is a common feature; while in the strictly private hospital or sanitarium for paying patients (often, indeed usually, for the treatment of one special form of disease), the nursing is frequently done largely by means of a school.

It needs no statement of mine to assure this audience that under any and all of the above conditions the school in its entirety has no life of its own, but is shaped and moulded to the needs of the hospital and restricted (?) by its powers. In numbers and character of pupils, in purpose and direction, in conditions of living quarters, food, recreation, in hours on duty and hours off, and, finally, in teaching and in training throughout, in substance, method, teachers and equipment, the school takes what the hospital determines it shall have.

That several of our hospitals are governed in a liberal and enlightened spirit, and thought given to the welfare of the pupil nurse, is a matter quite irrelevant from the main issue, which is the position of the training school in its relation to the hospital. It stands unique as an educational institution of high importance, practically owned by another institution, which profits by the industry of the pupils. Under good conditions the results may be good, often even excellent; under other conditions, they may be, and often are, unspeakably bad. Under any or all conditions, the question to ask is, "Does this system produce the best results? Is it a just arrangement for hospital and pupil? Is it the best that we can do?" And the answer to this is that we do not know, because we have not as yet really tried any other.

In the meanwhile it is quite certain that the present relation between hospital and training school gives rise to many and difficult problems, and it is perhaps not too much to say that the one person to whom these problems present themselves in their most pressing and perplexing aspects is the executive officer who represents both institutions and holds the double office of superintendent of nurses and principal of the training school. Deeply loyal to both, seeing clearly the needs of each, concerned in meeting them adequately and in carrying out the purposes of each to the fullest possible degree wherever they conflict, she is between the upper and nether millstone.

Such a conflict appears at the very outset in the necessity which exists for selecting the pupils in accordance with the immediate needs of the hospital, rather than with suitable standards of requirement for the general work of nursing. Now, I know of no training school, large or small, where the number of properly qualified women applying for admission is large enough to meet the needs of the hospital, and by that I mean, to do the actual nursing work in it.

And by properly qualified women I do not at all mean highly educated women (desirable as they are), nor do I set up any severe standard of requirements. I mean, simply, women of good, thorough English education, of suitable age, good character, physically and mentally sound, and temperamentally able to stand the strain of hospital training and the subsequent work into which that training leads. You will agree, I am sure, that nothing less than this is a safe foundation on which to build any professional or vocational training, yet out of the applicants to our training schools, the number that fully meets these moderate requirements is small. A few in the more prominent schools exceed them, but I say, without hesitation, as a result of many years of experience in a representative school, that, notwithstanding the fact that there may be hundreds of applicants each year, the number of those who are properly qualified falls considerably below the number of pupils needed by the hospital for its nursing service, even though such pupils may be occupied in it for nine, ten, eleven hours daily, and a good part of Sundays included. Now, because this small number of good and promising candidates cannot do the required work, it becomes necessary to add to it (to "keep up the numbers," as the phrase goes) by a larger or smaller number of others who fall below standards in varying ways and degrees, often very much below.

With what reluctance these doubtful candidates, sometimes too young, sometimes too old, frequently meagerly educated, and quite too frequently badly brought up, irresponsible, unrefined—with what reluctance they are considered, admitted on probation, and finally, when it becomes quite impossible to meet the needs of the hospital and dare to send away even one more probationer, with what misgivings and regrets these doubtful sisters are at last accepted, enrolled and brought into the life and work of the school, only those know who, as heads of training schools, have been obliged to do this year after year. There is no escape from it, and I know of no school which is exempt from this necessity.

Although the larger and more prominent schools, where more ample opportunities and advantages are offered, do naturally attract the larger number of desirable pupils, yet question any one of these, and I think you will be assured that there are never nearly enough really good candidates, and that the needs of the hospital must always be met by including the less worthy. And if this is true of the large schools, what might we naturally expect

of the smaller, where the opportunities for suitable teaching and training are in various ways inadequate? I think you will find that here the problem presses much more closely. The standard of requirements for admission here must usually be lowered in every particular, and sometimes, to all practical purposes, it passes out of sight altogether, and "not one survives to tell the tale."

Repeatedly during the past ten years have superintendents of the smaller hospitals and training schools told me of their difficulties in attracting the right kind of women into their schools, and repeatedly have they written to me, as, I presume, to others, asking me to refer to them those who failed to meet our higher requirements, although the material out of which a good nurse can be made is about the same, whether the process be carried on in a large or a small school, and no large school that I know rejects any candidate who, by any process known to it, can be made into a good nurse. Quite recently, in talking with the superintendent of a hospital in a small town, I was told that it is next to impossible in some places to get any applicants at all. Of the few that do apply, many are so uneducated that such a matter as giving out medicines, for instance, becomes a serious problem, owing to their difficulty in reading correctly the labels on the medicine bottles.

This lack of good, or of any, applicants for admission to some training schools, while a matter not only of present discomfort or distress, is of grave import. It seems ominous to those who, familiar with the training school problem as it presses daily, can see no way out of the bewildering and complicated state of affairs. Yet it may not be an unmixed evil if it induces us to give serious and unprejudiced study to the situation, and get down, if we can, to the root of the matter. When we can be quite certain of the cause, or causes (for there may be several), we can then discuss the remedy intelligently and profitably. Before such a careful study is made, we ought not, in justice to both hospital and school, to attempt any radical changes. The fact that there were over 21,000 pupil nurses in our training schools two years ago shows the very great requirements of our hospitals; that number would, of course, be much larger at the present date.

The rapid increase in the demand for pupils for hospital work has practically doubled within a few years, owing to the great activity in the line of hospital building. Two years ago the number of pupils in our training schools was equal to the total enrollment of regular students in several of the great universities of this country—Harvard, Yale, Princeton, Columbia and three others combined. This does not seem to suggest any falling away in students as such. What we need to observe is that, notwithstanding this very large number of pupils in the schools, there are still not enough to meet the needs of the hospitals.

One might also point out here that when nursing as a vocation for women first appeared upon the horizon there were few large

hospitals, and, consequently, few schools for a good many years. In 1880 there were but fifteen such schools; the demand for students was small, and many more women applied than could be admitted. Even ten years later, in 1890, there were but thirty-five schools, but during the following decade, the tremendous onward sweep in hospital building brought with it the establishment of nearly four hundred training schools (423, in fact, are recorded in 1900), while the subsequent six years have more than doubled that number. It is, perhaps, not surprising that there has been a lack of enough candidates for admission to training schools to correspond with any such rapid development.

It might also be borne in mind that the past twenty-five years have been in few ways more wonderful than in the opportunities they have created for women. The two fields of teaching and nursing have opened out, on the one hand, into special work in the kindergarten, in domestic science, domestic art, manual training and nature study; and, on the other side, the many lines of institutional work, which includes the very attractive fields occupied by philanthropic and charitable, social and settlement workers, into which so many of our brightest and best women are venturing. Added to this are the librarians, welfare, and social, and other secretaries, and workers in business and professional offices. Meanwhile the colleges for women have grown and multiplied; Vassar, with her 1,200 students; Wellesley, with 1,500, and Smith, with, I believe, a larger enrollment, could, perhaps, enlighten us as to where to look for the woman who twenty or twenty-five years ago might have stood at the training school door asking admittance. The greater prosperity of the people of this country has made it easy for women to enter college to-day, whose sisters of twenty-five years ago might have been glad to get for little or no expense what the training school offered. It is possible that the colleges might serve as a means of enlightenment in other ways. They might, it is conceivable, point to the long list of waiting candidates for entrance each year, and say that there is apparently no lack of good women seeking education, and that if we cannot find them—or, rather, they will not find us, it may be true that we are not offering them conditions which attract them to us. In other words, they like what the colleges offer, and will not have what the training school offers. We have here the interesting spectacle of hundreds of women entering the college for four years of hard study, and paying a considerable sum each year for it; and, on the other hand, the hospital training school offering a professional course of three years of hard work at no cost to the pupil (as a rule), with board, lodging, laundry, uniforms and text-books provided, or, in default of such provision, a frank payment of money to the pupil. Yet one would suppose that nursing would be just the work to attract the thoughtful, healthy-minded, educated woman, and especially where the training for it could be obtained free of all cost. One is

inclined to remember the saying that people do not value what they do not have to pay for.

One might dwell upon other aspects of this matter, but enough perhaps has been brought forward to show that the needs of the hospital do control the school in its most important function, that of determining what kind of woman shall enter the training school and become later the professional nurse, charged with the gravest of responsibilities, and supplied with powers and opportunities which, if unwisely or improperly used, may make her a harmful member of society. Public opinion has not dealt gently with the trained nurse, and a few, at least, of its severe criticisms have been well-founded. A general recognition of the necessities in the hospital which so largely control the selection of pupils might, perhaps, temper this criticism, or give it another direction.

There is still another and quite different way in which the status of the school may be affected, and that is when the accommodation for pupils is insufficient for the number required to do the work in the hospitals. Here we have a defect which cuts both ways, and affects, and seriously, the welfare of both hospital and school. Hospitals have a way of outgrowing with extraordinary rapidity the provisions made for nurses, and of adding department after department of new work, without at the same time realizing always that each new development of hospital work calls for some corresponding increase in the nursing staff. Hence we find in many schools the superintendent of nurses calling attention to lack of quarters for pupils, and asking for more, stating that her pupils are overworked daily, because she has not room for as many as the hospital needs. This is a very common complaint, but no assurance is needed as to the seriousness of it. It affects steadily and disadvantageously the character of the pupils' work. It usually eliminates all possibility of study, and tends ultimately to produce the disheartened and discouraged worker. And it is those physical and nervous breakdowns among pupils, which, in addition to the loss of just so much human efficiency, stand particularly to the discredit of the training school, which, above all places, should set standards of healthy and well-ordered living. Such conditions often militate strongly against the school in its ability to attract desirable applicants. "I will not send my daughter to that school; they will work her to death," is the not-uncommon criticism of certain schools, where there is failure on the part of the hospital to provide abundant and suitable quarters for its workers, a condition which must invariably result either in neglected patients and badly-done work, or in long hours, and overworked pupils. When such a situation continues, the place loses all characteristics of a school. The overcrowded student can never profit even by the best teaching; she cannot study; frequently she cannot even listen intelligently. To all intents and purposes the school has for her ceased to be a school. She is no pupil; she is a worker, whether

efficient or inefficient. For not only do I refer to formal instruction, such as classes, lectures and recitations, but to that most important and valuable of all teaching—that given in the ward and at the bedside, the whole forming that course of study and training in return for which the pupil gives the just equivalent in her services. With such a shortage of pupils, brought about by insufficient quarters, or by any other cause, the effort of the entire staff is concentrated upon the work—to get it done. Thus the health, welfare and instruction of the pupils is here seen to depend upon the hospital; and since the conviction is held, and strongly, that all pupils must live in the quarters provided for them, usually within the hospital precincts, and under its control, no remedy for this state of affairs seems likely to come from any other quarter. The pupil, even if she lives in the same city in a comfortable home, cannot live there and go to her school daily, as is customary in other educational institutions (?), but must occupy the space in the nurses' quarters which would at least provide room for one more worker for the force. There seems lack of true economy in this method, but it is, of course, so greatly for the advantage of the hospital, and so apparently essential for its smooth running, that any other system will not easily find favor.

In discussing this phase of our subject, I am not unmindful of the number of large, comfortable and even luxurious homes for nurses which, of recent years, have been built in connection with several of our best-known hospitals, but these form a comparatively small number among the 1,000 or more training schools which we are considering.

It is when we approach the actual education of our pupil and attempt to carry out the promises which have been made to her, that the resisting power of the hospital becomes more and more strongly felt, and the enormous difficulty with which it meets even the least of its obligations in this respect is clearly seen. There is no place in its strenuous scheme of life for the machinery of a school. All the space, the effort, the means which the hospital can provide are needed to carry out its immediate purpose, which is the care of the sick, and any scheme of education must, of necessity, take a secondary and insignificant place. A school, to fulfill its functions, cannot take such a place; it calls for teachers, classrooms, equipment, and every subject offered in the curriculum needs these to a greater or less degree. Some subjects, to be taught at all, require a laboratory as well. The teacher is presumably a person specially prepared to teach, with ability to handle certain subjects efficiently, and with time to meet his class regularly, to know his students, and to be interested in their advancement. How far is it possible for the hospital to provide anything of this nature? In perhaps eight hundred out of the thousand schools a good proportion of the teaching given is that comprised in a series of lectures, given gratuitously by different physicians of the staff. That they are fre-

quently cheerfully given, and that much of such teaching is excellent, as far as it goes, does not essentially alter the main facts, which are that such teaching is dependent in its character upon the particular views of that particular physician as to the education of nurses, and upon good-will and circumstances as to regularity and system. It has no stable character of its own. It may or may not cover a certain definite ground. It may be good, even excellent, or it may be worthless as teaching. The school has little power to choose which it shall be. With neither means to pay for suitable teaching, nor freedom to choose the teacher, it must accept whatever is within its reach. I have known an entire short course of lectures, of great importance, offered in the curriculum of a school by a talented, but busy, physician, postponed from month to month, and finally the year concluded without even one of them. I have known the opening lecture of a course postponed for four weeks in succession because the physician giving the course was either suddenly called out of town, or engaged by an emergency within, or by an important dinner. I have known certain subjects which belonged in the very beginning of the year transferred to the end of it, or even to a subsequent year, and upon these lectures might depend the ability of the student to comprehend much of practical work she was then engaged in performing. In hospitals where there is a medical school attached, there is less difficulty in securing systematic teaching, since the embryo professor of medicine is apt to look upon the school as a useful place in which to test his own powers. The teaching thus given by young residents is often good as to substance, and is sometimes carried on with interest, occasionally with enthusiasm, but much of it bears the hall marks of youth and inexperience.

Turning from the teacher to the subjects taught, this matter also is governed by the ability or will of the hospital to provide. Such a fundamental subject as foods, their properties and preparation, was not taught in many training schools in certain States until the laws of the State for the registration of nurses was the means of compelling the hospital to provide this most essential teaching; and other important subjects, equally fundamental, may be entirely omitted from the training school curriculum. Although the teaching in most of our schools is elementary from beginning to end, yet there is the power to restrict this teaching, or to reduce the ground covered in a certain subject to the barest outline. This power rests with the hospital, and at times it may really rest with one member of the Board of Trustees or of the hospital staff. The individual who thinks "this idea of teaching nurses so much is all nonsense, anyway," will not view with favor anything which carries the pupil nurse very far from her long hours of practical work in the wards, and he will be especially suspicious, and apt to shy violently at the mention of bacteriology, for instance, or the still more hopeless subject of pathology. Yet, in the opinion of

the speaker, there is no one subject in which it is essential for the nurse to be more solidly and thoroughly grounded than in bacteriology. Dealing with the causes of disease and with their prevention, it seems to her the very basis on which her subsequent training and education must rest, and largely her safety and efficiency in her professional work. The subject, in fact, in certain of its essentials, might well form part of the education of every citizen, and it is interesting to note that, while on the one hand there may be anxious discussion as to whether it is advisable to give the pupil nurses four or six lectures on this subject, in another direction, students of domestic science who are preparing to teach cookery to children in the public schools are offered, and rightly, a full half-year course in bacteriology.

As to classrooms and equipment, while in certain schools there is one classroom and some equipment, there is in hundreds of schools not the slightest pretence of either. The classroom may be the screened-off end of a sitting room; it may be the dining room; it may be any room which can at short notice be supplied with chairs and table and blackboard. In scarcely any school is there a classroom large enough for the entire body of pupils to be assembled together; and when we come to equipment, material for teaching, such as microscopes, maps, charts, photographs, models and specimens, there is such a painful void that one sometimes wonders how the teaching can be carried on at all. It is almost inconceivable that a body which takes upon itself the function of a School Board as well as a Hospital Board should so lightly view its responsibilities.

And yet, with all our certainty that this equipment should be found in a school, can we wonder if the hospital, with its limited funds, conceives its first duty to lie in providing its patients with food and other necessities. It is hard, indeed, to see how the average hospital can possibly provide these requisites of a school, yet they are requisites none the less.

It is, I think, generally conceded that teaching given in the evening, after a day of hard physical effort, is of very limited value. Yet, until very recently, nearly all of the teaching in training schools was given in the evening, and the eight o'clock lecture was the educational event of the week. I am happy to say that there is now a distinct effort being made to bring classes and lectures forward into the afternoon.

As to the practical teaching and training in the wards, it will probably be said that here at least the hospital provides amply for all needs of the pupil, for even at the minimum she must work in the wards or other hospital departments eight hours daily; so that, while two hours weekly is the average, and three the maximum for theoretical teaching, from fifty to sixty hours of ward work are required weekly of the pupil, even under the easiest conditions. The suggestion that in any of our training schools for nurses there

is an undue proportion of theory would be ridiculous, if it were not pathetic. We are all mentally lazy, and it is often true that the pupils will say they love their active work in the wards, and do not enjoy their study; but that does not alter the fact that they need the study, whether they enjoy it or not. It is probable that if they were less physically tired, studying would seem more attractive.

I should add that there is a brief period in the preparatory course in certain schools where much of the theoretical work of the year is crowded into a few months, and more than two or three hours weekly may perhaps be given under these circumstances.

But now how about this teaching and training in the ward, which we have agreed is so valuable? If it is so important, it is, of course, carefully carried on by highly qualified nurses, specially prepared to teach over the patient the most skilled and perfect methods of nursing. The young pupil must be taught how to observe and record every trifling change in the patient's condition, and what action such a change calls for. She must be taught every process needed, its every detail, and these processes are many. She must then practice each process assiduously, under criticism and supervision, until it can be performed with that ease which is the final perfection of skill; and then she must be taught further under what conditions the process itself must be varied, adjusted, modified to suit the different temperaments and needs of the sick.

Now, I do not need to say that anything even faintly resembling such a method of teaching is not carried out in any complete and satisfactory way in our training schools. The pupil is in the ward to do the work, and to do as much as she can possibly accomplish in a given time. In many hospitals, and especially in certain departments, she works under pressure every hour; and not only has she no time to be taught, but the head nurse of the ward has no time to teach her. This, I think, is true of all large general hospitals where there is an acute service; it is especially true of those with medical schools attached, where, for clinical purposes, prolonged and repeated rounds may almost detach the head nurse entirely from her ward. I have many times been unable to secure a needed conversation with a head nurse for an entire morning, and have gone to a certain ward as many as four times between the hours of eight and twelve, to find her each time in attendance upon a clinic. In such hospitals there are usually one or more assistants who render valuable service in the way of bedside teaching, but their executive duties are many, and they can seldom do what is needed in this direction. In the smaller hospitals the opportunities would be better, that is, the head nurse might have more time, but here again one is met by the fact that there is often no head nurse, but a pupil at the helm, and that the limitations in numbers and variety of patients provide less satisfactory opportunities. In certain small hospitals all of the teaching in both

classroom and ward is done by the overworked executive head of the hospital. So that this invaluable field of teaching, the hospital ward, becomes the place where the pupil passes through a succession of experiences and performs over and over again certain acts; but its use as a place for definite study—observation, instruction and suitable development—is little to what it might be. Its best actual teaching is that given in order, system, method and discipline. "A nurse may potter about in a ward for a year and learn very little without definitely directed teaching," said Florence Nightingale many years ago.

The question of the length of training of the pupil is so important that it should be treated at length, and independently, yet, since it forms, perhaps, the greatest of training school problems, a brief consideration of the matter should not be omitted here. Those who have, by reason of long and varied experience in training school work, the best right to know how and under what conditions nurses should be taught and trained, believe that it is not possible to give the average pupil a full, complete and thorough training in less than three years. The speaker is one of those who hold this belief. The applicant of to-day is a very different problem from the mature woman who entered the training school fifteen or twenty years ago. In conformity with hospital, and probably other economic needs, the age entrance has been brought down from twenty-five years to twenty-three, then to twenty-two, and even to twenty-one years, and I have heard of certain schools where, in desperation, they admit at nineteen and twenty, straight from the high school.

The applicant to-day, again, differs from the earlier in having a less careful home training. She does not bring to the school, whatever her other qualifications in education, in natural ability or personality, the knowledge of domestic affairs which was usually possessed by the applicant of twenty years ago. Nor has she met any of those home responsibilities which we used to consider, and still do consider, one of the most valuable qualifications which an applicant can bring.

For these reasons alone—the lowering of age of entrance, the lack of maturity, of home training, of proper ideals of duty and responsibility—the applicant of to-day needs a longer and more careful training to bring her up to the standard of her predecessor in this work. But to this fact we must add another, and one not sufficiently recognized, that there is a wide difference between the requirements which the profession of nursing made of its members twenty years ago, and the professional requirements of to-day.

Twenty years ago, our pupils, as they left the Training School, had practically but one field of work open to them, since the institutional positions were few, and district nursing almost unknown. To-day not only have many new avenues for the nurse opened up that were practically undreamed of at that time, but the familiar

ground of private work has itself so developed as to call for a more thorough, varied and longer training for the pupil.

During recent years the care of infants and children has become the subject of special study and investigation among physicians, and now ranks as a specialty, requiring of the nurse that some months in her training be devoted to this most important subject. In nervous diseases, to which, as Dr. Weir Mitchell says, "the nursing of all other diseases is as mere child's play," the pupil must at least during her training be thoroughly grounded, even if later she obtains additional and special training. The advance of surgery and its development into many separate and distinct fields, such as brain, abdominal, orthopedic and other special branches, compels some corresponding increase in the training of the pupil. It must be enlarged and strengthened to meet the new needs. Where formerly one month in the (perhaps single) operating-room used to serve for the entire training of the pupil, now not less than three months, as a rule, suffices to give the pupil any real familiarity with the bewildering variety of articles and materials used, and with the prescribed technique in handling them; any lack of understanding on her part which leads her to an error may be as fatal to the patient as if made by the surgeon himself; and the same holds true of almost any phase of her work.

As to institutional positions, they grow in number and importance, and where, a few years ago, there were few nurses so occupied, there are now some thousands, if one includes, as one should, not only the Superintendents of Hospitals and Training Schools, but those who fill the offices of Assistants, Supervisors and Head Nurses in them. A fair number probably of the members of this Society are Trained Nurses, the product of our Training Schools, and are in the positions they hold by virtue of that training and the powers which it developed in them, and, apart from the more personal issues of general education and culture, are filling their high offices with skill and ability in direct accordance with the character of their training and the ideals which it set for them. The call for nurses to fill such hospital positions is ceaseless, and we cannot meet it adequately until we can attract into our Training Schools more women of thorough education and the serious and earnest purpose in life which it usually brings.

Nor does the call for the Graduate Nurse cease when the institutions and private households are supplied. It comes even more clearly and imperatively to many nurses from the sick poor in the crowded quarters of our cities; from our factories and department stores, where hundreds of our own sex can be advised and helped; from our public schools, and from numberless other places where the stress and strain of our modern life calls for trained and skilled helpers imbued with the spirit of service to their fellows. All the long, hot summer, they are climbing the high tenement stairs to show the young mother how to feed and care for the new

baby, whose life may hang on just that teaching; or to teach the consumptive patient what he must do for himself, and for the protection of those about him. In this world-wide struggle with tuberculosis, our nurses are placing themselves on the firing line.

It needs no argument of mine, I am sure, to convince you that the foundation for any of the various kinds of work which have been touched upon here needs to be broad, strong and carefully laid, and that no brief or limited preparation will suffice. In saying, however, that it cannot well be given in less than three years, I would not be understood as agreeing that a course of such length should be offered in the majority of hospitals. Unless a hospital can provide for a full training in every service, it is not justified in keeping the pupil for three years, and the tendency in hospitals and sanatoria of almost any kind or capacity (and frequently with very limited opportunities) to insist upon a three years' training must be looked upon as deplorable. Looked at baldly, one sees the institution willing to take an additional year of work from the pupil, in return for which it can offer little or nothing. I have in mind a private hospital, the property of one man, in which the work is, I believe, largely surgical. A training school with a two years' course was established, and not long since a third year was added. Almost all of the special nursing in this hospital is done by the pupils, and they are, I am told, placed on special duty at a very early stage in their training. One year of training would probably amply cover all that this enterprising institution has to offer.

In this attempt to place before you some, at least, of the problems with which the Training School is confronted, I am led to believe that they are all mere aspects and phases of one single problem, and that problem is the relation of the hospital to the Training School. Familiar as we all are with the present system, it is not easy to entertain the idea of anything different. Yet there are those who feel that, in the best interests of both hospital and Training School, some reconstruction of that system is necessary; that much of the teaching, especially all of that fundamental work included in the preparatory course now given in the hospital, should be given outside of it, in a central school, which could do for a number of hospitals what each one is now trying to do for itself; and that this central school should take upon itself the direction of the education and the responsibility of arranging with different hospitals for the practical training of the pupil in all the various services. In other words, that the Training School should rest upon a foundation not unlike the Medical School. Such central schools could, in course of time, help to solve the problem of nursing in some of the small, special, or private hospitals, now struggling to maintain their own separate schools.

I should like to add my personal belief that the pupil should pay for her training straight through, but that she should be more independent of the requirements of the hospital, which, in some departments, should be partly met by salaried workers.

I am by no means presenting new ideas to you in these suggestions. Most of them have already been made by a good many people. The need of such a central school was admirably presented by Dr. Francis Denny in the *Boston Medical and Surgical Journal* for June, 1903; Dr. Richard Cabot has written frequently and convincingly on the subject; while Mrs. Hunter Robb, in a noteworthy paper read in Washington some years ago, outlined a plan for such a school, which should be carefully studied. An article by Dr. Oldfield, in the *Westminster Review* a few years ago, advocated a Royal College of Nurses and the granting of degrees. I confess that nursing, as I see it, seems to me as worthy a place in the scheme of the University as any art or science in it.

I have tried in this paper to lay before you as faithfully as I could some of the difficulties with which our Training Schools are contending, which are apparently the inevitable result of the present relationship between school and hospital. To me, at least, they seem serious, and I would think they merit your attention and most thoughtful consideration. This is no question of doctor *versus* nurse, or of hospital *versus* training school; each is essential to the other. The question is, what is the very best that we can do for our Training Schools? The various classes of people and the institutions in the community which have come to lean upon the Trained Nurse, and to be dependent upon her services, require of us that we should, in our teaching and training, put her in the way of developing those services to their ultimate power and usefulness.

M. A. NUTTING.

CANADIAN TRAINING SCHOOLS FOR NURSES.

Trained nursing is the outcome of the reformation that has been gradually taking place in the practice of medicine. We know that there are preventive and curative agents outside of pills, powders and dosage; for however good the treatment may be, to be of value, it must be carried out fully and faithfully, and the ordinary hygiene of the sick room, the special rules for sick diet must be observed by a person of intelligence, tact and unwearying vigilance, or a great deal of the work of the physician is lost.

As early as 1859, Florence Nightingale felt this, and handed over the fund that had been presented to her after her work in the Crimean War to St. Thomas' Hospital, for the purpose of opening a school for the training of women in the care of the sick and the wounded. This school was called the Nightingale Institution. Unfortunately, the class and the number of women who entered it did not give promise of great success to the movement. They were women who saw before them the prospect of respectable and comfortable living without undue expenditure of labor.

About 1868 an appeal was made to Miss Nightingale for assistance in reorganization, and a new order of things was instituted. After an almost wholesale weeding out of the old nurses, a better class of women was taken on as nurses, sisters and hospital superintendents. Two classes of probationers were given instruction—probationers and special probationers. The former class included those who received, during their year of training, from the Nightingale Fund payment in money and clothing to the value of about £16, or \$80. The latter paid £30, or \$150, for maintenance during the year of their training. This arrangement was made to give gentlewomen an opportunity to qualify themselves in the practice of hospital nursing. The training occupied one complete year, after which they were expected to continue their work for three years in connection with the hospital or some institution for the care of the sick.

Even this improved training did not supply the need nor give the comprehensive education required to elevate nursing to a scientific art, although, it was the only systematic one given in England at the time. In the *Lancet* of May 21st, 1872, we find the following:

“The importance of efficient and skilled nursing in the management of the sick is now so thoroughly understood and appreciated that we do not hesitate to acknowledge our satisfaction in meeting with the following paragraph in a notice circulated among the influential members of the profession in London and the aristocracy generally: ‘It is proposed to establish an institution in this country similar in its objects and constitution of the Frauen Verein, of Darmsdadt, Germany. It will be intended chiefly for the education of ladies who are anxious to devote themselves to nursing as a profession.’”

This institution was called the National Nursing Association.

From these beginnings we find the spread of training-schools for nurses to the other hospitals in London and England, across the Atlantic to the United States and to Canada. The year 1872 saw the opening of three training schools for nurses in the United States, namely, Bellevue, New Haven, and the Massachusetts General, all three being the outcome of the conditions existing during and after the Civil War, and brought about by the earnest efforts of a few charitably disposed ladies, with the expenditure of much time, labor and money. The training received at three schools was to fit women to care for the sick poor.

In Canada, the town of St. Catharines was the first to follow the lead of Miss Nightingale. In the year 1873, plans were laid for establishing a training school for nurses in connection with the General and Marine Hospital, which had been founded by Dr. Theophilus Mack, in 1865.

Dr. Mack was untiring in his efforts to promote the usefulness of the hospital, and to his remarkable enterprise is largely due the

fact that a training school for nurses was established in St. Catharines long before the larger cities of the Dominion had taken this question up, and indeed at a time when nurse training schools were practically unknown on the continent, and only a few of the larger hospitals in Great Britain were known to be training nurses.

Dr. Mack and those connected with him, being anxious to introduce into Canada the system of training that was proving such a success in the old land, Miss Money, the Matron of the hospital, was commissioned to go to London, England, for the purpose of bringing out two trained nurses and others willing to be taught, to the number of five or six.

In the winter of 1873, Miss Money sailed upon this mission. She returned early in 1874, bringing with her three trained nurses from Guy's Hospital, London, and by June of the same year St. Catharines Training School for Nurses was established. It was afterwards given the name of the Mack Training School in honor of its founder.

During Miss Money's absence in England, Dr. Mack, by the kind assistance of benevolent friends, was enabled to rent and furnish a house suitable for a nurses' home, and to fund a sufficient sum of money for its maintenance for one year.

This house the nurses occupied until a home was erected on the hospital grounds for them, which was in the early years of the Training School, so that at no period in its history have the nurses of this institution been housed in the hospital building.

The early graduates of the Mack Training School were called "Sisters," and wore an outdoor uniform, both of which customs were discarded many years ago.

From the rules and regulations of the school at that time, we quote: "The nurses must sign the by-laws and constitution, binding themselves to serve three years, the first six months as probationers, free; after that period they received, in addition to their board, a fixed stipend, payable monthly, or quarterly, and a sufficient supply of uniform clothing each year.

"Every woman entering upon the service must give satisfactory evidence of purity of motive, of good character, and Christian conduct, and of having received the elements of a plain English education.

"The nurses, in the daily discharge of their duties, must observe the strictest secrecy, and carefully avoid 'gossip,' and their demeanor should be kind and respectful on all occasions, and when on duty at private houses, they are expected, in addition to taking complete charge of their patients, to avoid giving unnecessary trouble; to wait upon themselves, and to pay the closest attention to the preparation of ailments for the sick, as well as to cheerfully assist in any matter not strictly within the limit of their duty."

This is the oldest school in Canada, has been in existence con-

tinuously for thirty-five years, and is to-day one of the best-known of the smaller training schools.

In the *Canada Lancet*, July 31st, 1877, we read as follows: "It is proposed to establish a training school for nurses in connection with the General Hospital, Toronto. Miss Goldie, Lady Superintendent of the hospital, will assume the management. She has had considerable experience in the Franco-Prussian War and in British and Continental hospitals, and is therefore eminently qualified for such an undertaking. It is proposed to take about twenty young women and distribute them about the wards of the hospital, where they will have to discharge the duties of the nurses already in the place. The period of residence will be about six months, and the fees will be fifty dollars for the period, including board and lodging. Appropriate lectures will be given by medical gentlemen of the city. Those wishing to enter should apply at once to Miss Goldie."

It was not, however, until four years later, April, 1881, that the Training School in connection with the hospital was really established. Up to this time, the nurses were of the type found in all hospitals prior to the establishment of training schools. Educational advantages were not considered essential, and, indeed, most of these women were of the charwoman type, and were more anxious to keep up their own spirits by an occasional touching of their lips to the bottle than to concern themselves about the comfort and welfare of their patients. They slept in rooms off the wards, and took their meals in the basement.

One of these was old Nurse Eliza, who, after being pensioned off, was given a bed in one of the hospital wards. She smoked her pipe at will, and had her daily allowance of spirits. A scarlet fever patient was admitted, in error, to the ward where she slept, and the doctor having ordered a disinfecting bath for all who had been exposed to the infection, she was heard to exclaim, with much indignation, "Think of me, a woman eighty-three years old, never had a bath in my life, being ordered to do such a thing."

The staff at this time consisted of six or seven head nurses and twenty-seven pupil nurses. The head nurses, by the way, had not then received any training, and one of them, in later years, explained proudly how she had been made head nurse one week after entering the school. The Assistant, Miss Starry, a graduate of an English hospital, was the only one in the school who had any training in hospital work.

In 1884, the Training School was reorganized on a modern basis, under the management of Miss Snively, a Canadian, and a graduate of Bellevue Hospital, New York, the present Superintendent of the School, and from this time forth the spirit of improved nursing was abroad in our land.

The Training School of Toronto General Hospital is the largest

in Canada at present, having one hundred and ten pupil nurses on the roll.

In the year of 1886, two Training Schools were organized, one in connection with the Hospital for Sick Children, Toronto, with four pupil nurses. Only one of these remained in the school long enough to receive her diploma two years later. This school has 60 pupil nurses in training at the present time, and is to be congratulated on having the finest and most beautifully equipped home for its nurses on the continent, the gift of Mr. John Ross Robertson.

In the same year a school was organized in connection with the General Hospital at Kingston by the late Dr. K. W. Fenwick. Four nurses composed the staff, three of whom completed the two years' term.

In the year which followed, the number of schools for nurses grew apace, in connection with hospitals large and small. Of these, we will only have time to mention a few of the more important.

The Lady Stanley Institute for Trained Nurses, Ottawa, organized in 1890, at the suggestion of Lady Stanley, wife of the Governor-General of Canada at that time, and named after her. This was an independent corporation, though the pupils received their practical training in the wards of the County of Carleton General Protestant Hospital, and in the Ottawa Maternity Hospital.

In March of the year 1901, the Lady Stanley Institute was, by Act of Parliament, amalgamated with the County of Carleton General Protestant Hospital. The training school then became an integral department of the hospital, under the same management and control. The Act provides that it shall be maintained by the hospital, and continue to be known as the Lady Stanley Institute for Trained Nurses.

Another of the schools organized about this time was that in connection with St. Michael's Hospital, Toronto, opened in 1892 with five pupil nurses. This school has now 45 pupil nurses.

The oldest and best-known school in British Columbia is that of the Royal Jubilee, in Victoria, founded in 1897, in commemoration of the Diamond Jubilee of our late Queen.

In Manitoba, the Winnipeg General has been doing good work for a number of years.

In Lower Canada, the honor of establishing the first training school (1890) belongs to the Montreal General Hospital. Many attempts made previous to this date had ended in a failure. As early as 1870, a Matron was selected and sent out to the hospital by Miss Nightingale, but after a few years of uphill work, she returned to England. Whether the methods employed were at fault, or whether those in authority failed to grasp the situation, it is difficult to say, but the various attempts, as I have said before, were dismal failures. Like all other hospitals of that period, the Montreal General had its trials, the same faulty methods prevailing there as elsewhere. The nurses were hired by the month, and

treated as servants, but neither housed nor fed as well as the servants of to-day. To-day the Montreal General is the second largest school in the Dominion, having eighty-five pupil nurses.

Montreal also boasts of another large school, the Royal Victoria Hospital, organized in 1894, the pupil nurses on the roll this year numbering seventy-six.

When we remember that, thirty-five years ago, there was but one training school in Canada, and that to-day we have over one hundred well-organized schools, and over fifteen hundred pupil nurses in training we feel that we have every reason to be proud of our position in the nursing world. When we think of these schools, extending over the country from the Atlantic to the Pacific, each with its carefully planned scheme of teaching, with its pupil nurses, young women of education and intelligence, provided with teachers and lecturers chosen from the best talent available; each with its careful training in dietetics, and most of them with fine homes and recreation grounds, we realize that it is a far cry back to the days of the good, old, motherly nurse, who picked up knowledge by experience, that is, by experimenting upon their patients, and who learned the best way of doing things by trying all the worst first.

While many difficulties have been overcome, and much accomplished for so young a country, we cannot afford to rest content with the success achieved. Much time, labor and thought have been expended, many prayers and heart-burnings offered up by the pioneers of training schools to bring the work thus far, and we, too, must bear our share, remembering that,

"New times demand new measures and new men;
The world advances and in time outgrows
The laws that in our fathers' days were best;
And doubtless, after us, some purer scheme
Will be shaped out by wiser men than we,
Made wiser by the steady growth of truth."

C. H. GREENE,

Supt. Belleville. Gen. Hospital.

Write on your doors the saying wise and old,
"Be bold! Be bold!" and everywhere—"Be bold;
Be not too bold!" Yet better the excess
Than the defect; better the more than less;
Better like Hector in the field to die,
Than like a perfumed Paris turn and fly.

—Longfellow.



THE Victorian Order is now in its eleventh year, and at the present time there are 17 hospitals connected with it and 21 districts, and the work is extending all the time. There are still many places from ocean to ocean where one or more visiting nurses are an absolute necessity.

In the slums, in the homes of the workingman, in school work, in the logging camps in the western part of the Dominion, on the prairies and in the mining towns; from where the soft breezes of the Pacific cool the fevered brows of the hewer and chopper, to the cold, forbidding shores of Labrador, the Victorian Order nurses are working, and wherever they have been the testimony goes forth that their service has been a beneficent one.

Away up on the coast of Vancouver Island, 130 miles north of the city of Vancouver, is found one of the busiest little hospitals in the country. This is Queen's Hospital, Rock Bay. The building is owned by the B. C. Mills and Lumber Company, the hospital is financed and managed by the Columbian Coast Mission, and the nursing is taken care of by the Victorian Order. The staff consists of a doctor and two nurses, and the patients are brought from the logging camps for miles around by the Hospital Mission boat "Columbia." This hospital can accommodate twenty patients, and many a life has been saved and the journey into the great beyond made less painful for many a poor fellow, because of that little hospital on the beautiful shores of Vancouver Island, exquisitely beautiful in its wild, rugged solitude—a veritable realm of silent places!

A POST-GRADUATE course in District Nursing, four months, is given at one of the Homes of the Victorian Order of Nurses, either in Ottawa or in Toronto. For full information, apply to the Chief Lady Superintendent, 578 Somerset St., Ottawa, or to the District Lady Superintendent, 206 Spadina Ave., Toronto.

The
Guild of



Saint
Barnabas

"Je le pansay ; Dieu le guarit." [I tended him ; God healed him.]
—Ambroise Paré.

Canadian District

MONTREAL.—St. John Evangelist, first Tuesday, Holy Communion at M.G.H., 6.15 a.m. Second Tuesday, Guild Service or Social Meeting, 4 p.m. Third Tuesday, Guild Service at St. John's, 8.15 p.m. Last Tuesday, Holy Communion at R.V.H. 6.15 p.m.

District Chaplain—Rev. Arthur French, 158 Mance Street.

District Superior—Miss Stikeman, 216, Drummond Street.

OTTAWA—The Cathedral, First Monday.

Chaplain—Rev. Canon Kitson, the Rectory.

Local Superior—Miss L. C. Wicksteed, 491, Albert Street.

TORONTO—St. James' Cathedral Rectory, last Friday, 8 p.m.

Chaplain—Rev. Canon Edward A. Welch, St. James' Cathedral Rectory.

Local Superior—Mrs. Welch.

Secretary—Miss Maud Roger, 5 Howland Ave.

"DEVOUT AND HONORABLE WOMEN."—ACTS XIII. 50.

Some are devout but not honorable; some are honorable but not devout; some are neither devout nor honorable; and some are, thank God, both honorable and devout. It is in the standard set us in the fourth class, in words translated from the Vulgate, that we find our motto for the Guild Anniversary, *Mulieres religiosas et honestas—devout and honorable women.*

It is well to have a standard: it is what nurses are asking for every day. Our lives, they say, and say truly, are so different from other people's lives; our hours are so different from other people's hours; our difficulties are so different from other people's difficulties. Cannot you give us a standard at which to aim—something high to fly at, and yet not "high flown"—something that is both practical and ideal; something that will satisfy the loftiest aspiration, and yet won't damp the aspiration of the practical nurse, who has got to live in hospital, or district, or at some private case? This was the question asked by a daily paper not long ago. We want someone to tell us, it said, the *type* of nurse we are to aim at having in the future? We know: we can answer the question. Short and clear the answer comes from that old Book written by a Physician—the type of nurse that we want in the profession is the woman who is both devout and honorable.—*Canon Holmes.*

My Scallop-Shell of Quiet

*GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.*

*Blood must be my body's balmer;
No other balm will there be given;
Whilst my soul like quiet palmer
Travelleth toward the land of Heaven;
My soul will be a-dry before,
But, after, it will thirst no more.*

—Sir Walter Raleigh.

THE UNCHANGING SAVIOUR.

In the far-off destinies to which we are moving, Jesus Christ will be more to us. Not because He will have changed either in Himself or in His relationship of love to us, but because we shall have grown. It sometimes takes us fifty years to discover the worth and innermost character of those who were the guardians of our thoughtless childhood, and it will take many ages for Christ to be adequately discovered to us. And yet the coming eternities cannot enrich the love, deepen the sympathy, or increase the helpfulness of Him who shares His Father's life, and is the same yesterday, to-day, and forever.—*T. G. Selby.*

DAILY COUNSEL.

You will meet with those who differ from you in thought, not only in your work, but in your religion; both may be right, but how hard to understand; faults may be found in you that were quite unsuspected in you before; all this must be made a matter of forbearance. You will meet with some that grumble and sneer, spreading abroad the spirit of discontent, and for a time this is often the ruin of many a noble training school; and if this spirit of discontent is allowed to enter our hospital world out goes all loyalty and *esprit de corps*, meaning the working together and unity of comradeship. Try to put down gossiping, which, if encouraged, will soon work up a scandal. All this is very trying when met with. Set the right before you, and never sanction wrong in any shape or form. Treat all new probationers well and kindly; try not to say anything that will vex or grieve them: if such should happen, put it right at once. All this will make life more pleasant. Erskine says: "Life is not divided into two parts, all should be religious. The world is a temple, and the business ought to be the services of the temple."

Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely; nurses, ponder these things over, it is worth your while, it makes your lives more beautiful and happy, not only for yourselves, but for others.—*Miss Sophie Morris, Matron of Bristol General Hospital, in "The Nursing Times."*

The Canadian Nurse

VOL. IV.

TORONTO, DECEMBER, 1908.

No. 12.

Editorial.

THE CANADIAN NATIONAL NURSES' ASSOCIATION.

We hope that a good delegation to represent the National Association will go to the International Congress in England in 1909. The expense of a trip to England is not as great as formerly, and, of course, all delegates will bear their own expenses. Plans made early and carefully render the journey easy, happy and profitable.

REGISTRATION IN ENGLAND.

It is considered that the Nurses' Bill has been greatly improved by the time and attention devoted to the subject in the House of Lords. Co-operative training, providing for work in infectious and other special hospitals, is to be recognized. We await further developments with increased interest.

THE FAIR OF ALL NATIONS.

The Fair is over and the Toronto Graduate Nurses' Club is happy in the possession of about \$4,000, part of which, probably from \$1,000 to \$1,500, will go to pay expenses. Everything about the Fair was attractive, from the first programme sold to the auction with which, at a late hour on Saturday night, the great Fair closed.

The patrons were: His Excellency the Governor General, Earl Grey; Countess Grey; His Honor the Lieutenant-Governor, J. M. Gibson; Mrs. Gibson; Sir Mortimer Clark, Lady Clark, Sir J. P. Whitney, Lady Whitney; His Worship the Mayor, Joseph Oliver; Mrs. Oliver.

The programmes were dainty and beautiful, the cover design of rose, shamrock and thistle, being greatly admired. Mrs. T. Eaton sent a cheque for \$500, and the names of a few other donors are as follows: Lady Pellatt, Mr. Hammond, Mrs. Cawthra Mulock, Mrs. A. Gooderham, Mrs. J. F. W. Ross, Dr. Skinner Gordon, W. A. Murray & Co., P. W. Ellis & Co., Mrs. Broughall, Archbishop McEvay, Mrs. J. C. Eaton, etc. Beside these, there were donations from many friends, from merchants, and from nurses at a distance, including the Channel Islands, England, Mexico, Jamaica, British Columbia, Illinois, different Ontario towns, and a beautiful Santa Claus box from the Alumnae Association of Hamilton City Hospital. Best of all is the feeling that everyone enjoyed the Fair and nothing but kindly memories will be the result.

Correspondence

MY DEAR CANADIAN NURSE,—It is half after eleven, as they say in this country, and I have just come in from a reception at Garfield Hospital, but I cannot go to bed until I have unburdened myself of some of the ecstasy that has been pent up in me all day. So be prepared.

Had I only been able to spend one day in Washington, and that one this day, it would have been worth while to make the journey for it alone. To begin with, it was the day for the nurses' meetings at the Congress. The first paper was to be read at 9.30, but 8.30 found your sagacious sister firmly fixed to the centre chair in the very front row in Section V., and from that chair no persuasion could make her move. I wish you could have been there. I wish every woman I know could have been there, whether they were nurses or not—so inspiring, so helpful, was it all. I have gained a new respect for myself, not because of what I am, but because of what I see my sisters in the work to be. Splendid women they are, so capable and so public-spirited. You have no idea how ashamed it makes me to see them—ashamed of myself, I mean. Heretofore I have been a mere plodder, trying to do my money's worth of work and the least little bit more, but now, oh, wait till I get home and you will see the difference!

At the meeting to-day, Miss Stark, of Pittsburg, read a paper on the anti-tuberculosis work in Pittsburg schools. This was very interesting. Now, wouldn't it be possible for you, when you are teaching, to do a little work along that line, very quietly and unobtrusively, perhaps, for you cannot be aggressive and radical until your School Board gives you permission, but still you might do a little. In any case, if ever there is an anti-tuberculosis crusade in the public schools, I look to you to be found in the front of battle. I am bringing you home some literature that will help you. And do make a stand for the supervised playgrounds and school farms. I have met such a nice woman, Mrs. Henry Parsons, the director of the Children's School Farm League in New York, and it has been simply an inspiration to hear her tell of her work. She has a model of one of her gardens in the exhibition, and she is like a happy child with a toy as she hovers over the cleverly constructed piece of work, explaining and pointing out its beauties.

But to return to my nurses' meeting. It was such a comfort to see by some of the papers that the nurses doing my kind of work had just my difficulties to contend with; indeed, some of them had more. But it didn't appear to dishearten them or cast them down, but rather spurred them to fresh effort. Do you remember Dr. Eakins saying once that "optimistic discontent is the soul of all effort." I thought of that when listening to Miss Lent, of Balti-

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more. By the way, can a learned person like you tell me if that is original with Dr. Eakins or not?

In the afternoon I went to the Tuberculosis Dispensary on H Street. I was the only visitor, and was so kindly received by the nurse and the doctor, and I am invited to go out with the nurse on her rounds to-morrow. I have done a little investigating of Washington's poorer quarters on my own account, but it will be much better to go with someone who knows.

And now for the reception. It was raining, and when I got out of the car to go up to the hospital Mrs. Von Wagner, of Yonkers, insisted on my sharing her umbrella, so that I could use both my hands to hold up my light dress. And if you don't know who Mrs. Von Wagner is, you ought to. When we went in, Miss Nevins, the Superintendent of Nurses, gave us the sweetest welcome, and when I said I came from Canada she exclaimed, "Oh, Canada! To me that means Muskoka and Clevelands, the loveliest place to spend the summer." Everybody says the sweetest things about Canada and the Canadians, and I only wish we deserved them. There was an orchestra playing the most heavenly music in an almost heavenly way. The first thing we heard was a collection of songs, such as "How Can I Leave Thee?" "Even of Thee," "Life's Dream Is O'er," and that Leonora thing from "Il Trovatore." Imagine your happy sister standing at the door of a balcony, looking down on Washington all wet and shining in the rain, listening to that lovely music and to Mrs. Von Wagner's pretty broken English as she talked beside her. And she was not the only great one I met, for there was Miss Dock and Mrs. Hampton Robb, and many others. Oh, it was lovely, lovely, and I'll never forget it!

Don't ask me about styles, for I have something better to do than to observe them. I am not even shopping, and that's wonderful for me, for in London you couldn't keep me out of the shops. But I can shop in Eaton's when I get home, and in the meantime I'll employ every moment in taking in the beauties of this city and the wonders of the Congress.

I am so glad I came. I must thank Miss Snively for her part in it, for if it had not been for her I am sure I should never had it in me to do it myself. But she knew better than I what was good for me.

If I don't go to bed now I shan't be able to see out of my eyes to-morrow.

YOUR LOVING SISTER.

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If you are an invalid, do your best to get well; but, if you must remain an invalid, still strive for the unselfishness and serenity which are the best possessions of health. There are no sublimer victories than those that are won on sickbeds.—*Phillips Brooks.*

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Sick Visiting Committee: Miss Moore, Miss Robinson, Miss G. Morton, Miss Klinck.

The meetings are held on the last Thursday of the month at 3 p.m. in the Board Room of the Hospital.

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Miss E. Beck, to Mil. Hp., P. Maritzburg, S.A., from Army Hdqrs., Pretoria; Miss L. M. Lyall, to Mil. Hp., Bloemfontein, S.A., from Mil. Hp., Harrismith; Miss E. H. Hordley, to S.S. "Plassy," for duty as Acting Matron, from Alexandra Hp., Cosham; Miss M. M. Tunley, to S.S. "Plassy," for duty, from Royal Vic. Hp., Netley; Miss F. G. P. de Stourdza-Zrinyi, to S.S. "Plassy," for duty, from Royal Infirmary, Dublin.

Staff Nurses.—Miss M. H. Congleton, to Mil. Hp., Dover, from Alexandra Hp., Cosham; Miss M. J. Jones, to Alexandra Hp., Cosham, on appointment; Miss M. E. Brewer, to the Queen Alexandra Mil. Hp., Millbank, London, from Camb. Hp., Aldershot; Miss M. E. Jacob, to Camb. Hp., Aldershot, from the Queen Alexandra Mil. Hp., Millbank, London; Misses M. Barton and E. C. Ellis, to Mil. Hp., Cairo, on arrival in Egypt; Miss E. B. Levay, to Mil. Hp., Shorncliffe, on appointment; Miss L. A. Ephgrave, to Mil. Hp., Cork, from Mil. Hp., Shorncliffe; Miss L. E. Schnieder, to Mil. Hp., Devonport, on appointment; Miss M. D. Woodhouse, to S.S. "Plassy," for duty, from Royal Herb. Hp., Woolwich; Miss E. C. E. Lindsay, to Royal Infy., Dublin, on appointment; Miss M. E. Medforth, to Camb. Hp., Aldershot, from Royal Infy., Dublin.

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Matron-in-Chief, Q.A.I.M.N.S.

MILITARY ORDERS, 1908.

No. 260—FRIDAY, 13TH NOVEMBER.—1. A course of instruction will be held at Halifax in 1909, commencing on a date to be notified later, and lasting one month, for Nursing Sisters of the A. M. C.

All Nursing Sisters must qualify within a year, or be retired.

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1. Lectures by Medical Officers on administration of a Military Hospital.
2. Lectures by Nursing Matron Pope, R. R. C., on the following:
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"Metchnikoff believes that the inherited structure of the human large intestine and the customary diet of civilized man are specially favorable to the multiplication of a large number of microbes that cause putrefaction. The avoidance of alcohol and the rigid exclusion from diet of foods that favor putrefaction, such as rich meats, and of raw or badly cooked substances containing microbes, do much to remedy the evils. But the special introduction of the microbes which cause lactic fermentation has the effect of inhibiting putrefaction. By such measures Metchnikoff believes that life will be greatly prolonged and that the chief evils of senility will be avoided."—P. Chalmers Mitchell.

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Hospital and Training School Department

THE Battleford General Hospital, of which Mr. H. C. Adams is President and Mr. W. R. Ridington Secretary-Treasurer, has been taken over temporarily as a private institution by Miss Minnie Miscon.

MISS MARY CAMPBELL MCQUEEN, a graduate of New York City Hospital, and also Superintendent of the General Hospital, Geneva, New York, has been appointed Assistant Superintendent of Nurses at Toronto General Hospital. Miss McQueen's home is in Manilla, Ontario.

MISS ANDREWS, the Victorian Order nurse, is again at work in the Fernie district. The Board of Governors decided to pay the expenses of a district nurse for Fernie for six months, so on October 1st the nurse started out with her little black bag to make her rounds in that city of tents and shacks. It is safe to predict that many a heart will be cheered and relieved by the nurse during these hard months while the city is being rebuilt.

FOUR nurses graduated recently at the Brainerd Hospital of the Northern Pacific Railroad Benevolent Association, and the occasion of the graduation exercises was quite an important one for the town. Dr. Walter Courtney presided, and a large attendance testified to the interest felt in the proceedings. The names of the graduates are: Mable Sara Cole, Katherine Pearl Morgan, Chloe May Stark, Clara Alma Watson. Miss Whitaker's excellent report was one of the chief features of interest, and the Rev. J. R. Allen and others took part in the programme.

AN interesting and enjoyable meeting of the Alumnae Association of the Galt Hospital was held Saturday afternoon, November 7th, at the hospital. After a very pleasant hour spent over afternoon tea served by Miss Robinson, Superintendent, the meeting was called to order by Mrs. Wardlaw, who has so capably presided over the society since its organization. Considerable business was



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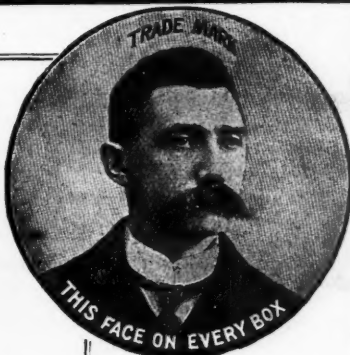
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transacted, after which Miss Robinson, our representative to the meeting called to consider the formation of a Canadian National Nurses' Association, gave an interesting report of the convention of Canadian Superintendents, held at Ottawa. The Treasurer was instructed to send the necessary fee for the affiliation of our society with the C. N. A. of Trained Nurses. Miss Nourse, Head Nurse of the Galt Hospital, graduate of Kingston General Hospital, was made an honorary member of the Association, and three active members were received.

THE Alumnae Association of the Guelph General Hospital held its monthly meeting at the home of Miss Walker on Tuesday, November 3rd.

ARCHBISHOP McEVAY, assisted by Vicar-General McCann, Father Hand, Father Rohleder, Father Morrow and Father Reade presided at the graduation exercises of St. Michael's Hospital, on October 22nd, at which ten nurses, who had successfully passed through the course, became graduates of the hospital. After the opening prayer, each nurse had her name called, and tripped up to the dais to get her diploma and medal, with a word of congratulation from His Grace. This was the first time that medals have been given with the diplomas, and the innovation gave great pleasure. The fortunate young ladies were: Miss B. O'Connor, West Toronto; Miss Edith Gough, Toronto; Miss Amelia Cahill, Peterboro; Miss Maud O'Boyle, Brechin; Miss Mary Boyle, Cobourg; Miss Louise Stephens, Toronto; Miss Catherine Ryan, Campbell's Cross; Miss Margaret Radigan, Galt; Miss Martha Young, Peterboro, and Miss Annie Dolan, Toronto. Speeches were made by Drs. Bruce Smith, Sheard, McKeown, Uren, Cameron, Silverthorne, Scott, Anderson, Dwyer, Hutchison, McCollum, McMahan, Killoran, Allen, Arthur Jukes Johnson, W. B. Aikins, Oldright, Nevitt, Burnham, McCullough, Guinane and O'Brien.

THE second annual graduating exercises in connection with St. Joseph's Hospital, Port Arthur, were held on Wednesday, October 21st, in the C. M. B. A. Hall, which was very artistically decorated for the event. At 4 o'clock the hall was filled with invited guests, while on the platform were the Chairman, Mayor Carrick; the guest of the occasion, His Lordship Bishop Scollard, of North Bay; Dr. Beck, Dr. Laurie, Rev. Fathers Grenier, Case, LaFortune and Rev. Mr. Hedley. In front of the stage the three graduates and the head nurse took their places, and behind them the nurses in training and the Sisters of the community. The three graduates are: Miss Alice Morreau, Fort William; Miss Nora O'Shaughnessy, Peterboro; Miss Minnie Maloney, Port Arthur. Addresses were given by His Lordship Bishop Scollard, by the Mayor, by Drs. Beck and Laurie, also by Mr. Hedley. All were profuse in their congratulations to the three clever young graduates, who took such high marks on all their examinations, and much

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credit was given their teacher, Miss Regan. The speakers also congratulated the Mother Superior and Sisters on the efficiency of the work being done in the institution. The presentation of diplomas and medals by His Lordship, assisted by Dr. Beck, was the most interesting part of the programme, and was followed by a very pleasing scene, when five sweet flower girls presented beautiful bouquets of yellow and white chrysanthemums and other beautiful flowers to the three graduates and their head nurse, as well as to His Lordship the Bishop. A very sweet solo by Mrs. A. J. McComber was much enjoyed, as well as a few other musical numbers, and this very successful graduation closed, giving to the world's list of nurses three bright young graduates.

A RECEPTION was tendered to Miss Mary A. MacKenzie, Chief Lady Superintendent of the V. O. N., during her recent visit to St. John, N.B. It was held in the Sunday school rooms of Stone Church, and proved most enjoyable. His Worship Mayor Bullock took the chair and called the meeting to order. Among those present who made addresses were Dr. Walker, Rev. R. A. Armstrong, Dr. Murray McLaren, Rev. Mr. Kuhring, Senator John V. Ellis, Judge Forbes and Judge Ritchie. Miss MacKenzie gave an inspiring address, describing the work of the nurses in the district hospitals. Her remarks were attentively listened to. Musical selections were given, and at the close refreshments were served. A large number of citizens were present and much interest was shown in the proceedings.

ALL the Toronto hospitals and many outside hospitals were united to succeed in the Fair of All Nations. The opening by Sir Mortimer and Lady Clark on November 12th was a beautiful sight, and ever after that the great Massey Hall was thronged every night before the opening hour to see the "March Past." The booths were: English Tea Room—The ladies representing the Royal Grenadiers, 48th Highlanders, Queen's Own Rifles. Scotland—Hospital of Incurables. Ireland—St. Michael's Hospital. France—Western Hospital. Japan—Mrs. J. M. Cotton, Mrs. Fletcher-Snyder, Mrs. J. B. Miller, Mrs. Lalonde, Mrs. Fenton. Egypt—Mrs. Payne. Germany—Mrs. Jacobs, Mrs. Frankel, Mrs. Burns. Greece—Mrs. Weston, Mrs. Copp. Holland—Miss Shuttleworth. Denmark—Miss Bremner. Norway—General Hospital. Italy—Mrs. McGlashan, Mrs. Greer. Switzerland—Mrs. Pringle. Wales—Mrs. Renfrew, Mrs. Eastmure, Mrs. Symons, Mrs. Jeffrey. Under Two Flags—Central Registry. Young Canada—Sick Children's Hospital. New Ontario—Grace Hospital. China—Miss Whale. Sick Room Supplies—Riverdale Hospital. Museum—Mrs. Neville, Mrs. Ferrier. Autographs—Mrs. McPhedran, Mrs. Starr, Dr. MacMurchy. Women's York—Women's Art Association. Telegraph and Telephone—Mrs. Mallock, Mrs. Chambers. Rebecca at the Well—Miss Field, Miss James. Parcel Office—Miss Stewart.

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Odds and Ends—Mrs. Pepler. Tag Day—Mrs. Winnett. Mother Goose—Mrs. R. B. Hamilton, Mrs. Currie. And it would be impossible to say which booth was the most interesting, dainty or beautiful, or which contained the most useful and attractive articles. All were thronged, while down stairs the Midway, the fortune teller and all the other delights were greatly patronized. The tea room on the stage was, perhaps, most attractive of all, and the nurses and their business manager, Mr. Rogers, have good reason to be proud of the result.

KINCARDINE has a hospital. Mrs. Gualco, one of the residents of Kincardine, invited the Mayor, Mr. Andrew Malcolm, and the Town Council of Kincardine and the Reeve, Mr. John Evans, with the Council of the Township, to meet at her residence on Thursday, November 5th, and presented them with a valuable property, situated just outside the town, on an elevation overlooking Lake Huron, and consisting of a site of two and one-half acres, with valuable buildings. Mrs. Gualco at the same time endowed the hospital with \$25,000, and said when engaged in making her will recently she had determined to give the hospital during her lifetime rather than wait till her death, so losing many opportunities to relieve sickness and suffering. The Mayor was scarcely able to express the surprise and gratitude of himself and the citizens at this magnificent gift. Dr. Bruce Smith, Inspector of Public Hospitals and Charities, who was also present, said that the Government would give a grant of \$4,000 to counties establishing buildings for the treatment of tuberculosis. In addition to this an allowance was provided for each patient in a general hospital. In the tuberculosis wards this allowance was \$1.50 per week, and it was likely that this would be increased to \$3 before long. "On the suggestion of Mr. Hanna, I came to Kincardine to-day," he said, "and inspected the property. It is an ideal situation. Just outside the town, on an elevation overlooking Lake Huron, it affords a view unequalled in the Province. To the brick house now on the property, which is two and a half acres in extent, a wing can be built to the north. A laundry and kitchen can be constructed on the other side, and the roof at the rear can be raised. On the higher ground at the back of the lot the cottage for the treatment of tuberculosis can be built. When completed the institution will accommodate in all forty patients. There will be fourteen rooms and two large wards. Unfortunately, throughout the Province there are few who are blessed with the generosity of Mrs. Gualco. Local hospitals are a necessity, and I only hope when other towns hear of this endowment some citizens will do likewise. I would advise you by all means to take advantage of the Government's offer and build a tuberculosis annex. If you do this the County of Bruce will receive \$4,000 from the Province as a building grant. I would advise that the ladies be interested in the project." Reeve Evans, on behalf of the township, then thanked Mrs. Gualco for her

FOR THE HOME



Sick Room

The THERMOS BOTTLE will keep medicines and nourishment at the right temperature. By doing away with the germ-collecting pitchers or other open vessels the THERMOS BOTTLE prevents infection. Saves steps for nurses—a boon for invalids.

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beneficence, and promised that they would do their share in supporting the hospital. Mr. John Tolmie, M.P., spoke of the need of a hospital and the good work that could be done. Lieut.-Col. Hugh Clark, M.P.P., enlarged on the terrible ravages of tuberculosis in Ontario. He showed that the hospital would be a boon to the town and vicinity, the district being isolated from Walkerton and Wingham, where there are county hospitals, by the roundabout route of the railways and the poor service. Other speakers were Messrs. Barker, one of the oldest residents; J. J. Hunter, editor of *The Kincardine Reporter*; Wm. Temple, J. C. Cook and the Rev. Mr. Ferguson, Methodist minister. Mrs. Gualco was born in Poland. She and her husband moved to South America, where he became wealthy as a constructor of railroads. At his death Mrs. Gualco came to Canada and purchased a fine residence, and here she spends the summer, usually going abroad during the winter months. In her quiet way Mrs. Gualco has done much for this town. The English Church and rectory have been renovated by her, and she has done much to place the church on a firm financial basis. Some two years ago she purchased a large tract of land north of the town and turned it into golf links. She built a neat little club house, then opened the grounds and buildings to the public. Last winter in Bruce County there was an alarming prevalence of illness, particularly typhoid. When Mrs. Gualco heard of this, after her return from Europe, she several times expressed her sympathy. This year her sympathy has taken a practical form, which will bring the blessings of many on her head. There is no selfishness in Mrs. Gualco's philanthropy. Her sympathetic nature and love for all human kind have inspired all her gifts.

A HALLOWE'EN PARTY.—On the evening of October 31st the Alumnae Association of the Montreal General Hospital Training School for Nurses entertained the members of the graduating classes, fall '08, spring '09. The guests and attending members of the Alumnae Association, fifty in number, assembled at 8 p.m. in the Nurse's Home, and at 8.30 p.m. sat down to supper in the Governors' Hall of the Hospital. The tables were decorated in keeping with the night. There were large "Jack o' Lanterns," made of real pumpkins; smaller ones, looking scarcely less real; pumpkin-colored lamp-shades, sweets, ices, etc. The flowers were yellow chrysanthemums and lilies of the valley; the name cards, tied with a knot of pumpkin-color, were decorated with sprays of yellow flowers or with quaint little figures with pumpkin heads; the traditional black cats, bats and witches were not forgotten. The only disappointment, and that a very great one, was that, owing to a severe cold, Miss Livingston, Lady Superintendent of the Hospital and Honorary President of the Alumnae Association, was unable to be present. In her absence Miss Shaw read from her the following address: "*Graduates of the Montreal General Hospital*,—I can hardly tell you what pleasure it gives me to welcome you here

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is so easy to digest and yet so very strengthening, that the convalescent—even on small doses—regains health and flesh with remarkable rapidity.

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Cuts short the attack and insures comfortable repose. Your druggist stocks it.

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to-night, and I beg to express to the Alumnae Association of the M. G. H. my appreciation of the good-will and fellowship extended to the graduates of 1908 and 1909. Just here I wish to pay a brief but sincere tribute to the pioneer nurses of the School for their loyalty to their *Alma Mater* and myself. Without their faithful co-operation your School would not stand where it does to-day. In the early history of the School the bare necessities were considered sufficient for the nurses; their surroundings were crude and very unlovely; but we all hoped and prayed for better things, and many here to-night saw order, neatness and cleanliness replace disorder and worse, and an intelligent and beneficent system evolve from a chaos of ignorance. To the graduates of 1908 I would say a few words. For you the day of independent activities is at hand; yesterday you were pupil-nurses—to-day, no doubt, you speak of yourselves as of the profession. Remember, labels are perilous things and exact of us who accept them very serious conditions. What is a profession? The dictionaries define it—as a “vocation”—a “calling”—requiring a learned education. I trust that for all of you the calling is by voices which commit you to a creed of conduct such as that to which the best of our profession aims; it exacts not only purity, but honor and self-discipline. You will, no doubt, ask how we can attain to such perfection? In the answer to this question I trust some among you may find the key that shall unlock the gate opening unto that fair field of the future of which we all dream, and which, I trust, you may all reach.” Miss Isabel Nichol, of the fall class '08, responded on behalf of the graduating classes, and Miss Wainwright, class 1900, then spoke for the Alumnae Association. The fall class '08 presented beautiful bunches of American Beauty Roses to Miss Livingston and Miss Shaw. After supper the party adjourned to the Nurses' Home, where the remainder of the evening was spent in popping corn, playing games and dancing, what was unanimously declared to be a delightful party being brought to a close by the singing of “Auld Lang Syne” and “God Save the King.”

Personal.

MISS FINN, graduate of St. Vincent's Hospital, New York, is doing private nursing in Port Arthur.

MISS RILANCE, of Two Harbors, Minn., graduate of the Galt Hospital, is renewing old acquaintances in Galt.

THE R. M. G. Hospital, Port Arthur, will very shortly be ready to receive patients. It has accommodation for thirty patients.

MISS ALICE PEPPER has been appointed Head Nurse in the Operating Theatre of the General Protestant Hospital, Ottawa.

MISS HOLROYD, of Winnipeg, has lately arrived in Vancouver, where she intends to make her home and take up private nursing.

MISS MILDRED PERRAULT, graduate of St. Joseph's Hospital, Port Arthur, class '07, was married October 29th to Mr. Ernest Perras, of Port Arthur.

Canadian Branch of
CASSELL & CO., Ltd.

The History of Nursing in the British Empire, by Sarah A. Tooley, \$2.25.

The Home Physician—paper 30c, cloth 45c.

**Our Sick and How to Care for Them*, by Florence Stoeppole.

**Cookery for Common Ailments*, by a F.R.C.P. and Phyllis Browne.

**Advice to Women on the Care of Their Health Before, During and After Confinement*, by Florence Stoeppole.

The Practical Nursing of Infants and Children, by F. C. Madden, M.D., F.R.C.S., \$1.00.

First Lines in Midwifery: A guide to attendance on natural labor for medical students and midwives. New and revised edition, by G. E. Herman, M.D., F.R.C.P., F.R.C.S., \$2.25.

The Care and Management of Delicate Children, by Dr. Percy Lewis, \$1.00.

A Handbook for Midwives and Maternity Nurses by Comyns Berkeley, \$1.50.

Ambulance Work and Nursing, M.B., M.R.C.P., \$1.80.

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MISS REGAN, Superintendent of Training School at St. Joseph's Hospital, Port Arthur, spent her annual vacation in Toronto, London and Strathroy.

THE School Nurses of New York presented their former Superintendent, Miss L. L. Rogers, with a beautiful solid silver tea set "as a token of affection" on the occasion of her resignation.

MISS GRIERSON, of Class '03, V. H. L., London, and Miss Macmaster, Class '01, L. S. I., Ottawa, are in Spokane, where they intend to make their headquarters and take up private nursing.

MISS BERTHA ATKINSON was a very welcome visitor to the Capital during the Canadian Superintendents' convention. Miss Atkinson came as a delegate from the Edmonton Graduate Nurses' Association.

MISS BERTHA J. WILLOUGHBY, Seeley's Bay, Ontario, Canada, a graduate of the Kingston General Hospital, Kingston, Canada, who has recently been appointed as head nurse of the same hospital, has gone to Philadelphia to take the fall courses of instruction in the Swedish system of Massage and Medical Gymnastics, Electricity and Hydrotherapy, at the Pennsylvania Orthopædic Institute and School of Mechano-Therapy (Inc.), 1711 Green Street.

MISS LINA L. ROGERS, formerly Superintendent of School Nurses for New York City, has been appointed to a similar position by the Board of Education at Pueblo, Colorado. Miss Rogers is to organize and initiate the work at Pueblo, and is to have *carte blanche* under the Board of Education. This will be a most interesting experiment, as it is still a matter of doubt whether medical inspection of schools is more successful under the Board of Health or the Board of Education.

BIRTHS.

ON October 12th, 1908, at Welland, a son to Mr. and Mrs. W. D. Ross. Mrs. Ross is a graduate of G. G. H., class 1902.

MARRIAGES.

SINKINS—HANNA.—At the Methodist Parsonage, Sydenham, Ont., September 30th, 1908, by Rev. Wm. Hanna, father of the bride, F. R. Sinkins, Toronto, to Mabel Hanna, graduate of the Lady Stanley Institute, Ottawa, class 1906. At home after the New Year at 60 Rusholme Road, Toronto.

DEATHS.

DOLAN.—Suddenly, at the General Protestant Hospital, Ottawa, October 27th, 1908, Jean Dolan, graduate of the Lady Stanley Institute, class 1907. Miss Dolan had occupied the position of Head Nurse in the Operating Theatre of the General Protestant Hospital for the past eight months, and will be greatly missed, not only by the nursing staff, but also by the members of the medical staff who have had the pleasure of working with her both as a pupil and as a graduate nurse.



CERTAIN as it is that a single acting cause can bring about any one of the several anomalies of menstruation, just so certain is it that a single remedial agent—if properly administered—can effect the relief of any one of those anomalies.

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The Nurse's Library.

* Mr. John Ross Robertson has issued a catalogue of the Nurses' Medical Library in the H. F. S. C., Toronto. It is a model catalogue of a model library.

We have pleasure in again calling the attention of our readers to an excellent book on obstetrics, *Obstetrics for Nurses*, new (3rd) edition, by Prof. Joseph B. DeLee, M.D., Chicago. 1908. Cloth, \$2.50 net. Philadelphia and London: W. B. Saunders Company. Toronto: J. A. Carveth and Co., Limited.

A collection of Dr. Osler's charming biographical essays has been published by the Oxford University Press, Toronto, under the name of an "An Alabama Student and Other Essays." It is dedicated to Professor Welch of the J. H. H. No nurse needs any further inducement to get the book than the name of Dr. Osler. The essays are thirteen in number and every one is a gem.

Functional Nerve Diseases. A. I. Schofield, M.D. London: Methuen & Co.

This is one of the volumes of "The New Library of Medicine," edited by Dr. Saleebeg, and is well worthy of a place in such a library. The nursing of nervous diseases is such a great and constant field for professional work that this book is timely and well conceived. Dr. Schofield's views are well-known, and, though not always generally acceptable, they make us think, and that is one great advantage about any book. Three of the most useful chapters are those on Psychotherapy, Nerves in Childhood and General Treatment.

Volume Fourth of Osler's Modern Medicine (Toronto: D. T. McAnish) is divided into two parts: Diseases of the Circulatory System and Diseases of the Blood. Dr. McPhedran, of Toronto, contributes an article on "Diseases of the Pericardium," of which we can only say that it is worthy of the reputation of the author, who is justly regarded as the greatest physician in Canada. Dr. Abbott, of Montreal, contributes a brilliant original paper on "Congenital Cardiac Disease," and Dr. Osler himself one on "Diseases of the Arteries and Aneurism."

ALL readers of this magazine who have not received a copy of "Women in Banking," written by Mrs. E. B. B. Reesor, and published in the *New York Bankers' Magazine*, will be given one upon application to the Northern Crown Bank of Canada, 34 King Street West, Toronto. The article is illustrated with pictures of the special rooms set apart for women, and, as the privileges of using them and making this down-town Rest Room a meeting place for out-of-town friends or for consultations with their physicians has always been extended to members of the nursing profession, it will be of interest to you to see what these apartments are like.

New Books for Nurses

A History of Nursing

The evolution of the methods of care for the sick from the earliest times to the foundation of the first English and American Training Schools for Nurses. By LAVINIA L. DOCK, R.N., Secretary of the American Federation of Nurses and of the International Council of Nurses, etc., and M. ADELAIDE NUTTING, R.N., Superintendent of Nurses The Johns Hopkins Hospital, Principal of Johns Hopkins Training School for Nurses, etc. Two vols. Price, \$6.00.

The Matron

Her duties and responsibilities, including principles of economy in institutions. Price, \$1.00.

Practical Fever Nursing

By EDWARD C. REGISTER, M.D., Professor of the Practice of Medicine in the North Carolina Medical College, Chief Physician to St. Peter's Hospital, Editor of the Charlotte Medical Journal. Price, \$2.50.

The Role of Modern Dietetics in the Causation of Disease

By J. SIM WALLACE, M.D., D.Sc., L.D.S., Hon. Dental Surgeon West End Hospital for Nervous Diseases and Assistant Dental Surgeon National Dental Hospital, W. Price, \$1.00.

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Publishers' Department.

AT THE FAIR OF ALL NATIONS Messrs. Brand & Co., of London, England, exhibited a full range of specialties for invalids, to which they specially desire to draw the attention of the medical profession and the nurses. This firm has been established for seventy years, and holds a Royal Warrant as purveyors to His Majesty King Edward the Seventh. Brand's Essence of Beef, through which preparation the firm is most widely known, was originally made under the direction of Dr. Druitt, F.R.C.S., M.R.C.P., L.S.A., and has been recommended by such celebrated authorities as Sir Victor Horsley. In the course of this eminent surgeon's address on surgery at the British Medical Convention, held in Canada in October, 1906, he stated that "for the cardiac failure reliance should be placed on nutrient enemata, such as Brand's essence and pancreatized milk." Brand's Meat Juice was also shown—a powerful, nourishing and stimulating fluid, obtained from prime meat, and is of exceptional alimentary value. Brand's Beef Bouillon, another famous preparation, fills a long-felt want in Canada. Nurses may feel sure, when a fluid diet of this nature is prescribed, that in Brand's Beef Bouillon they have one that is absolutely free from all objectionable preservatives and seasonings. Messrs. Hamilton Morton & Co., of 1 Wellington Street East, Toronto, are the local agents for Messrs. Brand & Co. They will be pleased to forward a full list of numerous specialties upon request. Any information desired will be cheerfully given. Nurses will find that the Invalid Soups, Home-made Beef Tea, Calf's Foot and Chicken Jelly, etc., will give economical delicacies for invalids or convalescents, ready for immediate use in any emergency. The goods sold at Messrs. Brand & Co.'s booth were kindly donated by them to the Graduate Nurses' Club.

THE Thermos Bottle (to be had at all drug stores) is really indispensable to the trained nurse or to the mother caring for a baby. If you put anything in it this wonderful bottle will keep it hot for you for twenty-four hours. A Montreal man was recently going away from home. He did not believe that the Thermos Bottle could keep his coffee hot twenty-four hours. He tried. Next morning, far from home, he had home coffee—just as hot as it was the day before at his own breakfast table, out of the Thermos Bottle. Think of what that means for you!

It might be of interest to our readers to hear that Mr. Max J. Walter, Superintendent of the Pennsylvania Orthopaedic Institute and School of Mechano-Therapy (Inc.), 1711 Green Street, Philadelphia, has recently returned from an extended trip through some of the leading medical centres of Europe for the purpose of investigating the latest methods used abroad in the mechanical treatment of diseases, and under the guidance of the medical directors in charge of the same has tried to make himself familiar with whatever he found of interest to incorporate in the mechanical measures used in the Philadelphia institution.

